



## Map to Wellness



## Building healthy habits

It takes more than a day – or even 30 – to build a habit, but that doesn't mean you can't start incorporating healthy tips and tricks into your life right now. As you move through FMC's 30 Days to Wellness Challenge, identify which tasks on the enclosed map make a difference in your day and carry them forward after the challenge.

Does drinking more water make you feel alert and energized? Has going for a nightly walk improved your mood or decreased joint pain? Have you noticed a difference in your stress levels since making your mental health a priority? Stay in tune with your body and mind, and make notes on what works best for you.

## Ready to Get Started?



### Physical Health & Activity

Regular physical activity is good for you and can actually improve your quality of life. The CDC recommends getting 150 minutes of moderate-intensity aerobic activity each week. Something as simple as a brisk walk each day could make a big difference in your life.

- Go for a walk at:
  - Rising Park (Lancaster)
  - Alley Park (Lancaster)
  - Smeck Park (Baltimore)
  - Clear Creek Metro Park (Rockbridge)
  - Chestnut Ridge Metro Park (Carroll)
- Complete 10,000 steps today
- If you use tobacco, take steps to quit by contacting FMC's Tobacco Cessation Program at 740-689-4404
- Start and end your day with a gentle stretch
- Exercise while you watch TV (walk in place, do sit-ups, lift weights)
- Try a new fitness class (either in-person or online)
- Explore your local YMCA
- Take the stairs instead of the elevator
- Go for a walk during lunch
- Clear some space and have a 10-minute dance party with your family, friends or even by yourself
- Get outside and work in the yard – if you don't have an outdoor space, try finding a community garden or offering to mow a neighbor's lawn



### Diet & Nutrition

Living well means eating well. By incorporating healthy foods into your daily diet, you can improve the health of your mind and body – many of the benefits mirror those associated with regular exercise.

- Eat five servings of fruits and vegetables
- Drink 64 ounces of water
- Replace soda with carbonated water or green tea
- Start your day with a healthy breakfast
- Find a healthy recipe and make it with loved ones



### Spiritual Health & Growth

Spiritual health is something that may look different for each of us. What makes you feel connected and purposeful? Whether it's through religion, nature, traveling or serving others, your spiritual health plays a key role in your quality of life.

- Volunteer your time at a local non-profit organization
- Donate to a cause you are passionate about (this could be money, time or gently used clothing and household items)
- Commit a random act of kindness
- Reconnect with an old friend
- Connect with something bigger than yourself (faith, nature, community, etc.)



### Mental Health

Your state of mind can greatly impact your physical and emotional well-being. According to the CDC, mental health illnesses are among the most common health conditions in the U.S.

- Get 7-9 hours of sleep tonight by going to bed earlier or restructuring your morning
- Complete a 5-10-minute session of meditation
- Start a gratitude journal: list three things you're thankful for today
- Write down positive notes and affirmations; post them around your home or workspace
- Disconnect from digital devices and take a break from social media



## Get inspired

For more ideas on improving your health, visit [fmchealth.org](http://fmchealth.org).

# 30 DAYS OF *Wellness* CHALLENGE

Are you ready to start your wellness journey? Each day for the next 30 days, pick a task to complete. The colors on the map represent four different categories of wellness:

- █ Physical health and activity
- █ Mental health
- █ Diet and nutrition
- █ Spiritual health and growth

Turn this sheet over to see a suggested list of wellness activities.